



Monthly Challenges for 2013

Here at the FSS Program, we believe in the power of setting and accomplishing goals. That's why we've developed the **12 Challenges for 2013**! Each month, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips !

Challenge

3

**March
is
getting organized!**

Take the time to get organized by using the tips below.

Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!

Cleaning & Organizing Tips

- Assign yourself a different task each day– make yourself a schedule that is comprised of one hour and one task each day.
Monday– decluttering
Tuesday– dusting
Wednesday– vacuuming
Thursday– scrubbing
Friday– organizing & rearranging
Saturday– laundering
Sunday– decorating
- Use the proper tools– It is important to use the tools necessary to complete the job well and as quickly as possible. Rubber gloves will help you deep clean without drying out hands and exposing them to harsh chemicals, or burning them in hot water. Racks can hold mops, brooms, etc. in one place. An apron with lots of pockets can help you transport cleaning supplies from room to room, so you don't have to keep running back and forth.
- Be ruthless about decluttering– If you don't love it or have not used it, its clutter! It's the perfect time to embrace the Feng Shui art of uncluttered living. Feng Shui teaches that if energy can easily flow through a room, your life will be more harmonious and happy and clutter is an obstacle to reaching this relaxed and calm state.
- Donate or sell things you don't use– If you have items that you don't use, but are in good condition, they are prime candidates to sell or donate. Gather al of these items in boxes or plastic bags. Then, decide whether to donate to your local church, shelter, or Salvation Army.
- Make spring cleaning organizing and fun– Don't think of it as a chore but a feel good exercise, one that will help you feel good about yourself and your environment! Play lively, fun, upbeat or inspirational music. Dance your way through your home and remember to get the family involved.



Organize Your Finances

Organize your finances by preparing your taxes! If your income is \$57,000 or less, let Free File brand-name software do the hard work for you with free tax preparation and free e-filing. It's available only through **www.irs.gov**, where a number of tax software companies make their products available for free. Some also support state tax returns for free.

[IRS Wants You to Know About Schemes, Scams and Cons](#)
"If it sounds too good to be true, it probably is!" Don't become a victim to any scheme that offers instant wealth or exemption from your obligation as a United States citizen to file tax returns and/or pay taxes. Some of these schemes can literally cost you your life savings. Others can result in your prosecution and imprisonment if you knowingly participate in them.

State income tax return preparation resources:

www.ftb.ca.gov
www.211sandiego.communityos.org



“Happiness is not something you postpone for the future; it is something you design for the present.” - Jim Rohn

“ Be a yardstick of quality. Some people aren't used to an environment where excellence is expected.” - Steve Jobs



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